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Intrinsic and extrinsic balance for integrated personality development

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Abstract

Technically, commercially, and socially, human civilization has advanced as we have seen, but there has also been a clear decline in human values and an increase in social awareness in contemporary society. A great deal of values has been lost and moral and ethical standards have collapsed as a result of numerous acts of terrorism, violence, hostility, and intolerance, leaving people dissatisfied and confused. In this context, there have been discussions and calls for policy changes and agenda formulation from a variety of sources, including individuals, activists, and members of civil society, in an effort to bring order and decorum to some of the confusing and oppressive systems that make it difficult for people to develop as individuals and grow. Modern society also faces many difficult and painful issues at the same time.

Keywords: Human civilization, terrorism, violence, physical health

Introduction

Throughout history, numerous authors, sages, and philosophers have underscored the importance of achieving a balance between intrinsic and extrinsic aspects of life to attain self-actualization or self-realization. They advocate for a harmonious blend of mental and physical activities to achieve optimal well-being and happiness, thereby leading to a productive, well-rounded, and balanced existence. A meaningful life is often equated with a fulfilling spiritual experience. In pursuit of living purposefully, there have been deliberate efforts to integrate the concept of holistic education into our lives. Education plays a pivotal role in shaping individuals' lives, extending beyond academic and professional development to encompass the broader spectrum of human existence. It encompasses various dimensions, emphasizing the interconnectedness of mental, emotional, physical, and spiritual domains. Each facet requires equal attention and nurturing. In addition to academic instruction, education should prioritize the cultivation of healthy physical habits to maintain physical fitness, alongside fostering wise mental and sensory training. This entails incorporating education on senses and emotions into the curriculum to promote mental training that nurtures positive emotions such as empathy, humility, benevolence, and universal love, while mitigating negative emotions like resentment, hostility, violence, greed, and arrogance. Engaging with society actively in this manner enables individuals to benefit from a dynamic interaction with their surroundings. Holistic education serves as a catalyst in fostering traits like strong character, independence, and self-control, ultimately contributing to the development of well-rounded individuals.

The paper seeks to establish that holistic education and wholistic education share a common goal of guiding individuals towards a meaningful and unified identity. Holistic education is rooted in the belief that every person finds their identity, purpose, and significance through their connections to the natural world, community, and humanitarian values such as compassion and peace. Its objective is to nurture curious, balanced individuals capable of acquiring necessary knowledge in any given situation. By adopting holistic approaches, students gain insight into the diverse contexts that shape and give significance to life, including the interconnectedness of the planet, life on Earth, and the evolving global community^[1].

One may say that its goal is to inspire in people a deep respect for life and an ardent love of education. Ron Miller, the creator of the journal "Holistic Education Review," which is

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currently called Encounter: Education for Meaning and Social Justice, provided this definition. The more democratic and humanistic forms of alternative education are frequently referred to as holistic education. Wholistic education can be defined as an interdisciplinary, well-integrated system that is based on the stated presumptions of wholeness, interconnectedness, and multidimensionality.

In order to maintain one's other self-control and self-mastery in the face of misfortune or unusual situations, it is imperative that a person develop their moral and ethical values as well as their character. It offers educational opportunities for the formation of an identity, which leads to a positive progression of civilization and culture.

It is clear that physical activity and sports have a significant role in the development of a person's whole personality, which makes them essential components of education. Sports serve as a symbol of democratic values and promote humanism, self-assurance, cooperation, and empathy for opponents [2].

Sports are defined as "a wide range of inclusive activities appropriate for individuals of all ages and abilities, with a focus on the positive values of sport." "All forms of physical activity that contribute to physical fitness, mental well-being and social interaction, such as play, recreation, organised or competitive sport, and indigenous sports and games" is how the Inter-Agency Task Force on Sport for Development and Peace defined sport in 2003. Since then, many supporters of "sport for development and peace" have agreed with this description. The importance of sports is widely recognised, and the United Nations Educational, Scientific, and Cultural Organisation (UNESCO), a premier organisation for physical education and sports (PCS), makes sure that support and guidance services are provided for government, NGOs, and debate the evolving challenges of physical education and sport [3].

The programme focuses on the following diverse themes:

Sports for Peace and Development

Quality Physical Education

Trade Sports and Games

Women and Sports

Anti-Doping

In order to further integrate the domains of sport and development, the United Nations Office on Sport for Development and Peace (UNOSDP), which is headquartered in Geneva, is assisted by a Liaison Office in New York. This office serves as the entry point to the UN system for Sport for Development and Peace. "My hope is that their (kids') involvement in football (and other sport) will help to build their character in positive ways," writes Michael W. Austin in *Ethics for Everyone*. I want them to develop social skills, collaborate with others to achieve a common objective, react correctly to success and failure, and acquire characteristics like bravery, humility, patience, and tenacity. Sports "teach children strategy, team play, focuses on determination, about winning or losing skills that are relevant in real life," according to Bharati Jacob, founder and partner of Seed Fund. The focus of sports extends beyond physical activity, encompassing the intellectual, emotional, social, physical, creative, artistic, and spiritual growth of individuals. Its objectives include engaging students in the learning process and fostering individual and collective accountability. Sports involve mental training, aiding in overcoming emotional or mental barriers to performance. Additionally, sports possess the potential to facilitate cross-national and international

connections, capturing global attention. They are increasingly recognized as integral to humanitarian and developmental efforts, serving as a platform for global cooperation and humanitarianism. Psychological aspects play a significant role in developing mental strategies for learning, practice, and performance, impacting the overall personality development of individual [4].

Personality development is a holistic process involving the integration of various aspects of an individual's character, behavior, and values. Achieving a balanced personality requires the harmonization of intrinsic and extrinsic factors. Intrinsic factors are internal, such as self-awareness, motivation, and emotional regulation, while extrinsic factors involve external influences, such as social relationships, cultural norms, and environmental conditions. Understanding and balancing these factors is crucial for fostering an integrated personality. This essay explores the significance of intrinsic and extrinsic factors in personality development and provides strategies for achieving a harmonious balance [5].

Intrinsic Factors in Personality Development

Intrinsic factors are inherent to the individual and play a pivotal role in shaping one's personality. These factors include self-awareness, self-motivation, emotional regulation, and personal values.

Self-Awareness: Self-awareness involves understanding one's own emotions, strengths, weaknesses, and values. It is the foundation of personal growth, enabling individuals to make informed decisions and set realistic goals. Developing self-awareness requires introspection, reflection, and mindfulness practices.

Self-Motivation: Self-motivation is the inner drive that propels individuals to achieve their goals and fulfill their potential. It stems from personal aspirations, interests, and passions. Cultivating self-motivation involves setting clear, meaningful goals, maintaining a positive mindset, and fostering a sense of purpose.

Emotional Regulation: Emotional regulation refers to the ability to manage and respond to one's emotions in a healthy and constructive manner. It involves recognizing and understanding emotions, and using coping strategies to deal with stress and adversity. Techniques such as mindfulness, meditation, and cognitive-behavioral strategies can enhance emotional regulation [6].

Personal Values: Personal values are core beliefs and principles that guide an individual's behavior and decisions. They provide a sense of direction and purpose. Identifying and aligning with one's values is essential for achieving authenticity and integrity in personality development.

Extrinsic Factors in Personality Development

Extrinsic factors encompass external influences that shape an individual's personality. These include social relationships, cultural norms, environmental conditions, and educational experiences.

Social Relationships: Interactions with family, friends, peers, and mentors significantly impact personality development. Positive relationships provide support, encouragement, and feedback, fostering growth and resilience. Engaging in social activities, building healthy relationships, and seeking

mentorship are vital for social development.

Cultural Norms: Cultural norms and values influence behavior, attitudes, and beliefs. They provide framework for social conduct and identity formation. Understanding and respecting cultural diversity, while critically evaluating societal norms, helps individuals develop a well-rounded and inclusive personality [7].

Environmental Conditions: The environment, including physical, social, and economic conditions, affects personality development. A supportive, enriching environment promotes growth and well-being, while adverse conditions can hinder development. Creating a positive environment through community engagement, access to resources, and safe living conditions is crucial.

Educational Experiences: Education plays a crucial role in personality development by providing knowledge, skills, and opportunities for personal growth. Engaging in diverse learning experiences, pursuing higher education, and participating in extracurricular activities contribute to cognitive and social development.

Balancing Intrinsic and Extrinsic Factors

Achieving an integrated personality requires a balance between intrinsic and extrinsic factors. This balance enables individuals to harness their inner potential while adapting to external influences.

Self-Awareness and Social Awareness: Balancing self-awareness with social awareness involves understanding one's own emotions and behaviors while being empathetic and considerate of others. Practicing active listening, empathy, and open communication fosters mutual understanding and harmonious relationships.

Personal Goals and Social Expectations: Aligning personal goals with social expectations requires integrating individual aspirations with societal responsibilities. Setting realistic, achievable goals that consider personal values and social norms promotes fulfillment and social harmony.

Emotional Regulation and Social Interaction: Managing emotions effectively while engaging in social interactions involves maintaining composure and resilience in the face of challenges. Developing emotional intelligence, practicing mindfulness, and seeking social support enhance emotional well-being and interpersonal relationships.

Intrinsic Motivation and External Rewards: Balancing intrinsic motivation with external rewards involves pursuing activities that are personally fulfilling while appreciating external recognition and incentives. Fostering a growth mindset, focusing on personal development, and valuing intrinsic satisfaction over extrinsic rewards promote long-term success and well-being.

Strategies for Integrated Personality Development

To achieve a balanced and integrated personality, individuals can adopt various strategies that address both intrinsic and extrinsic factors [8].

Mindfulness and Self-Reflection: Practicing mindfulness and self-reflection enhances self-awareness and emotional

regulation. Techniques such as meditation, journaling, and self-assessment help individuals understand their thoughts, emotions, and behaviors.

Goal Setting and Planning: Setting clear, meaningful goals and developing actionable plans motivate individuals to achieve their aspirations. Goals should align with personal values and consider social responsibilities. Regularly reviewing and adjusting goals ensures progress and adaptability.

Building Healthy Relationships: Cultivating positive relationships with family, friends, and mentors provides support, feedback, and encouragement. Engaging in social activities, practicing empathy, and maintaining open communication foster strong connections and social well-being.

Continuous Learning and Growth: Embracing lifelong learning and personal growth through education, professional development, and new experiences enhances cognitive and social development. Seeking diverse perspectives, pursuing new interests, and challenging oneself contribute to holistic growth.

Resilience and Adaptability: Developing resilience and adaptability enables individuals to navigate challenges and changes effectively. Building resilience involves cultivating a positive mindset, practicing stress management techniques, and seeking social support. Adaptability requires openness to change, flexibility in thinking, and a willingness to learn from experiences.

Cultural Competence and Inclusivity: Understanding and respecting cultural diversity, and promoting inclusivity in personal and professional settings, enhance social awareness and empathy. Engaging in cultural exchanges, learning about different traditions, and advocating for equality contribute to a well-rounded personality.

Creating a Positive Environment: Creating and maintaining a supportive, enriching environment promotes overall well-being and personal growth. This involves organizing one's physical space, fostering positive relationships, and advocating for community resources and safe living conditions [9].

Conclusion

Achieving an integrated personality requires balancing intrinsic and extrinsic factors. Self-awareness, self-motivation, emotional regulation, and personal values are intrinsic factors that shape individual character and behavior. Social relationships, cultural norms, environmental conditions, and educational experiences are extrinsic factors that influence personality development. By harmonizing these factors, individuals can achieve a well-rounded, balanced, and integrated personality.

Strategies such as mindfulness, goal setting, building healthy relationships, continuous learning, resilience, cultural competence, and creating a positive environment support this integration. Ultimately, a balanced approach to personality development fosters personal growth, social harmony, and overall well-being, enabling individuals to lead fulfilling and meaningful lives.

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